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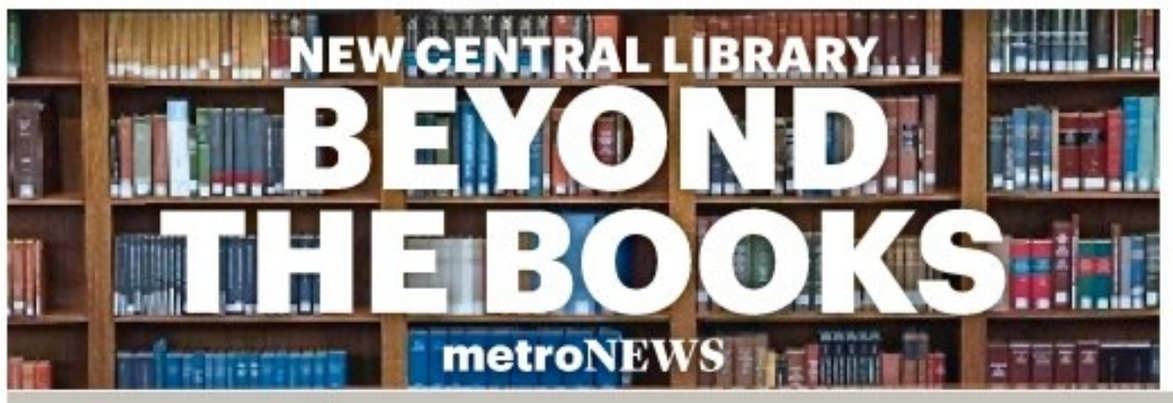

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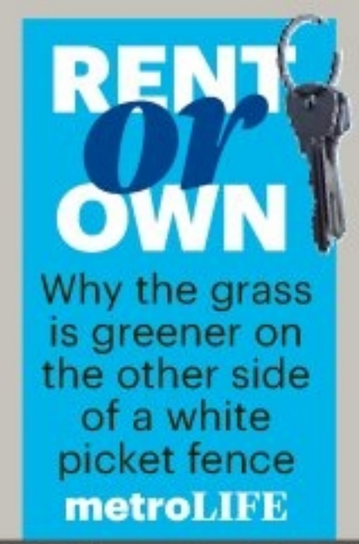

LONDON TERROR ATTACK

'Tell them Chrissy sent you'

Christine Archibald, a Mount Royal University grad who worked at Calgary's Alpha House, with her fiancé **Tyler Ferguson**, a University of Calgary alumnus. Archibald was identified as the Canadian woman killed in a terror attack on London. FACEBOOK

Carry on her work, requests family of sole Canadian slain

Brodie Thomas
Metro | Calgary

The Canadian killed in Saturday's terror attack in London is being remembered by family as the kind of selfless person who "would have no understanding of the callous cruelty that caused her death."

Christine "Chrissy" Archibald, 30, worked at a shelter in Calgary before recently moving to Europe to be with her fiancé. She grew up in Castlegar, B.C.

"She had room in her heart for everyone and believed strongly that every person was to be valued and respected," read a statement released by her family.

They asked people to honour her memory by volunteering their time and labour to a homeless shelter — and to "tell them Chrissy sent you."

Kathy Christiansen, executive director of Alpha House in Calgary, said Archibald will remain in the hearts of her friends and former colleagues.

The young woman was a talented social worker and an "exceptional human being," Christiansen said in a statement.

"Chrissy was a bright light to many, and her generosity, kind spirit and huge heart for her work in responding to issues of addictions and homelessness at the centre inspired us all."

Archibald completed her social-work degree at Mount Royal University. President David Docherty said their community was saddened by the news.

"Christine Archibald was a truly outstanding student," he said. "Our deepest condolences go to her family and loved ones, as well as to members of our community who are grieving her loss."

Archibald was one of seven killed in Saturday's attack, which began with three men driving a van into pedestrians on London Bridge.

Statements posted to Facebook by the family of Tyler Ferguson, Archibald's fiancé, suggest she was struck and killed by the van while the couple walked together on London Bridge.

After exiting the van, the attackers ran down a set of stairs into Borough Market, where they stabbed people in several different restaurants. In addition to the seven fatalities, 48 other victims were sent to hospital.

Police gunned down the three perpetrators, who were wearing fake suicide vests.

WITH FILES FROM THE CANADIAN PRESS

plus U.K. election campaign suspended • Twelve suspects arrested **metroNEWS**

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Your essential daily news

Vicky Mochama: Mavis Otuteye's death stems from our failure to address the migrant crisis. **Views**

5 THINGS IN THE NEW CENTRAL LIBRARY (THAT AREN'T BOOKS)

There's more than books at the new central library. Pull up a chair and listen to some music, watch a play, or learn about the city. And yes, you can still read books.

1 Great Reading Room

(Not exactly as shown) The top floor will be the place to bring your materials, sit back and read. This will be one of the spaces where you might get shushed by a librarian. Then again, the document to council suggests you'll be silent with awe as you're inspired by the space.

2 Tech Centre

Much of the third level is going to be devoted to technology, with an eye towards teens. This cross section shows: **1. The Teen Centre**, complete with gaming stations and music studios; **2. The Digital Corridor** with a tech lab; **3. A Newcomers' Space**; **4. Library offices.**

4 Library Express

Downtown life can be fast-paced. With that in mind, the Library Express section is set up more like a bookstore, so you can quickly find your next great read. Selections will be curated by topic. Patrons may be familiar with this set up on the main floor of the current central library.

5 Auditorium

Located on the main level, it will have 340 seats as well as lighting, a sound booth, dressing rooms and a green room. The stage will play host to theatre, musical performances and lectures.

3 Calgary's Story

Not far from the reading room, the library will have a large Section known as Calgary's Story. It will be devoted to local interest and local history material.

Brodie Thomas
Metro | Calgary

A council committee is getting an update on the construction of the New Central Library this week, and there's more to the structure than just bookshelves.

The project is still on time and on budget, with an opening scheduled for the fourth quarter of 2018, according to the report.

Coun. Druh Farell said she's inspired by the flexibility of the new space, and she envisions certain sections being adapted as technologies change.

"It's an extraordinary space, but it's also going to be extraordinarily usable, and that's what's so exciting about it," she said.

Farrell noted that the library is trying to test some of its new facets at the other branches.

"We've been using our whole system as a proving ground for some of the new elements in the new central libraries."

She said that means the entire system is benefiting from the development of the New Central Library, rather than having it drain resources from the satellite branches.

POLICE

Victim dies after shooting

Elizabeth Cameron
For Metro | Calgary

Two masked men fired several shots at a busy outdoor basketball court on Saturday, killing one person and putting two others in hospital, according to Calgary police.

At approximately 9 p.m. on June 3, at least 20 people — many of them children, according to a nearby resident who did not wish to be identified — were playing basketball at the court located beside the Ernie Starr Arena in the 1300 block of 44 Street SE, the Calgary Police Service (CPS) said in a news release.

CPS confirmed Sunday one of the victims died from their injuries in hospital. Their name will be released after an autopsy is completed, the release states.

The condition of the other two victims is not known at this time, however, police said their injuries were non-life threatening.

The CPS Forensic Crimes Scene Unit was parked outside the Ernie Starr Arena on Sunday as the Homicide Unit investigated the shooting, which police said they believe was targeted.

A woman who declined to provide her name told Metro she saw children running away from the area after the shots were fired, estimating she heard between five and seven shots in total.

CPS said they have spoken with witnesses and are reviewing CCTV footage from the area. An update is expected after the autopsy has been completed, likely on Monday.

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Construction officially started in April, and will roll out block by block on 17 Avenue through the year. AARON CHATHA/METRO

Boost for business along 17 Avenue

MARKETING

City spending $60K to help those affected by construction

Aaron Chatha
Metro | Calgary

Construction is rolling out over 17 Avenue and it's already keeping customers away from local businesses — but the City of Calgary is trying to help out with a new marketing push.

"It's not like anything the city has ever done before," said Jessica Bell, spokesperson for Calgary Transportation.

The city has budgeted about $60,000 for the campaign to let Calgarians know the 17 Avenue businesses are still open.

Currently, construction has shut down areas from MacLeod Trail SE to 1 Street SW. The city has pledged to keep sidewalks open, and during some periods there might even be a lane of traffic free, but mostly it's a full-block closure that will roll out block by block to 5 Street SW until the end of the year.

The marketing campaign is giving out gift cards to affected businesses through local radio stations, as well as promotional ads online, at LRT stations and on local TV stations.

On their website, there's a interactive map letting Calgarians know where the detour routes are, and where they can access off-street parking. Even if roads are closed, the mission to keep everything accessible by foot.

"We really just want to let people know they can still access the businesses, and they're still open through construction," said Bell. "We want to limit our impact as much as we can."

Still, local business has seen a noticeable drop in customers.

At Naina's Kitchen, employees say it's difficult to get into the parking lot, and the noise and construction will be in front of the restaurant until September. That's pretty much their entire patio season.

Embarcadero Wine & Oyster Bar is hoping it's not just the construction keeping customers from coming in.

"We're way down from previous years, but it's hard to say how much of that is generally from the economy not being good, and how much is because of the construction," said owner Heesung Kim.

She feels if she can survive the construction, things will start to get much better. Her restaurant is in the older part of 17 Avenue, where the telephone polls are still made of wood, so the city's renovations should be a nice improvement when it's all done.

For more information on the construction, visit calgary.ca.

IN BRIEF

Man charged in fatal stabbing at CTrain station

Calgary police have charged a man with second degree murder following a fatal stabbing at City Hall CTrain station on Friday night.

Officers responded to the station around 6:45 p.m. on June 2 and found a man on the platform with life-threatening injuries.

The victim, 46-year-old Nicholas Ozoechi Nwonye, was taken to hospital where he later died.

Keeton Michel Gagnon, 39, will appear in court on Friday, June 23. METRO

DAVID KHAN

Alberta Liberals choose new leader

The Alberta Liberal Party announced Sunday it has chosen a new leader.

Calgary lawyer David Khan was voted into the top spot at the party's annual general meeting on Sunday.

Khan, 42, practises Indigenous law — specifically surrounding land claims and rights — and until recently, served as the party's executive vice-president.

He was a candidate for the Liberals in the 2014 Calgary-West byelection and for Calgary-Buffalo in the last provincial election.

President Karen Sevcik said Khan brings a 'fresh and exciting' energy to the party, which holds one seat in the legislature — occupied by its current leader Dr. David Swann.

"I'm confident that working together, the Alberta Liberal Party will be well positioned to contest the next election," Sevcik said.

That election is due to be held in 2019, the first since the NDP took power in 2015. METRO

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Timely treatment will 'save lives'

DRUGS

Advocates and province agree opioid addiction a priority

Elizabeth Cameron
For Metro | Calgary

An advocate for families affected by the opioid crisis says she is pleased the health ministry views expanding rapid-access treatment to Albertans struggling with opioid dependence as a priority.

Last week, Alberta Health announced the establishment of a 14-member commission to make monthly recommendations to the province about its response to the ever-growing crisis and decide how to spend $30 million in dedicated funding.

Petra Shultz, co-founder of the Edmonton-based advocacy group Moms Stop the Harm, sits on the commission and believes while plenty of progress has been made when it comes to distributing Naloxone (an overdose reversing agent), providing timely access to treatment for those addicted to opioids is an area where the province's response still falls short.

"The moment the person says they want treatment, you really have to capture that moment — first of all because if you make the person wait, they might die — or their circumstance may change and their readiness (to start treatment) might not be there anymore," Shultz told Metro.

"(We need to be) meeting people where they're at and making it as low-barrier as possible for them to ask for and receive treatment. It really will save lives."

> **The moment the person says they want treatment, you really have to capture that moment.**
> Petra Shultz

Speaking to the media on Wednesday, Associate Health Minister Brandy Payne said expanding coverage for medications used in opioid replacement therapy (ORT) is one of the ministry's next steps.

Financial barriers often prevent people from accessing ORT, which uses prescription opioids such as methadone or Suboxone that don't produce a high to mitigate withdrawal symptoms and help people stabilize their lives.

Right now, unless someone is covered by the low-income drug benefit through Alberta Health, the prescriptions can cost between $300 to $400 a month, Payne said.

"Which, for someone who is low income, can be quite a barrier," she acknowledged.

Shultz, who lost her son Danny to a fentanyl overdose in 2014, said she hopes the commission can increase the availability of ORT and other supports for addictions and mental health not only in urban centres, but in suburbs and rural areas as well.

"If someone, for example, goes to emergency and presents as an overdose, we need to ensure — before they leave the hospital — someone offers them the option to enter treatment," Shultz said.

A dose of Suboxone is shown. Financial barriers often prevent people from accessing ORT, which uses prescription opioids such as methadone or Suboxone. THE CANADIAN PRESS

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Serious fun for comic book lovers

The Comic Pop Up draws out real collectors, who love talking to fellow aficionados and budding fans alike

AARON CHATHA/METRO CALGARY

Bamf! Bang! Pop goes the annual Calgary Comic Pop Up Show — where the city's real collectors congregate on an annual basis.

There's no cosplay, celebrities or other media here. The show, which takes place two or three times a year, caters exclusively to collectors of comic books.

Founder Mark Dorocicz organizes the show to allow fans to focus on the books, and allow collectors to show off their collections. Dorocicz has about 5,000 comics of his own, and loves chatting about his vintage Superman books.

You'd be hard pressed to go and not find someone amped to talk about their favourite books and characters. The '90s boom where people tried to make money off comics is over; even number one issues aren't a big deal anymore.

"Marvel, they reboot the comics every year or two," he explained. "For example, Avengers, there are probably about seven number ones. The original number one is worth money, but the newer number ones? Not really."

First time vendor Rahim Dawood has an Avengers number one. It's one of the jewels of his collection (worth up to $5,000). Many people come through and check out the rare books he's decided he can part with, but his joy is selling comics worth only a dollar or two to young kids, to get them into reading and fun. After all, it's how Dawood, and friends and partners like Mark Lopez and Tavis Samuel discovered a love of comics.

"I always wished I could draw, but I'm the worst artist, so I vicariously lived through the art in these books," laughed Samuel. Lopez and Samuel have been selling comics together for a few years now, and even turned it into a side business at www.saddlecitycomics.com.

"My comic collection was starting to get a little too big," Samuel explained. "My girlfriend at the time was like, 'Hey, it's time to pare this down a little.' That's when I first started to sell comics. It was so much fun after that first day, sitting here, talking with so many people, that's when I thought that this is something I should keep doing."

> **I vicariously lived through the art in these books.**
>
> Tavis Samual
> Comic book collector

Mark Lopez and Tavis Samuel show off some rare books in their collection. AARON CHATHA/METRO

Samuel has a collection of 5,000 books, where Lopez is closer to 10,000.

Many collectors stop by, trying to round out their missing issues of Daredevil, or find key issues like the first appearance of the Green Goblin in Spiderman. But the real reason it's worth collecting 10,000 comic books is that it could lead to 10,000 awesome conversations.

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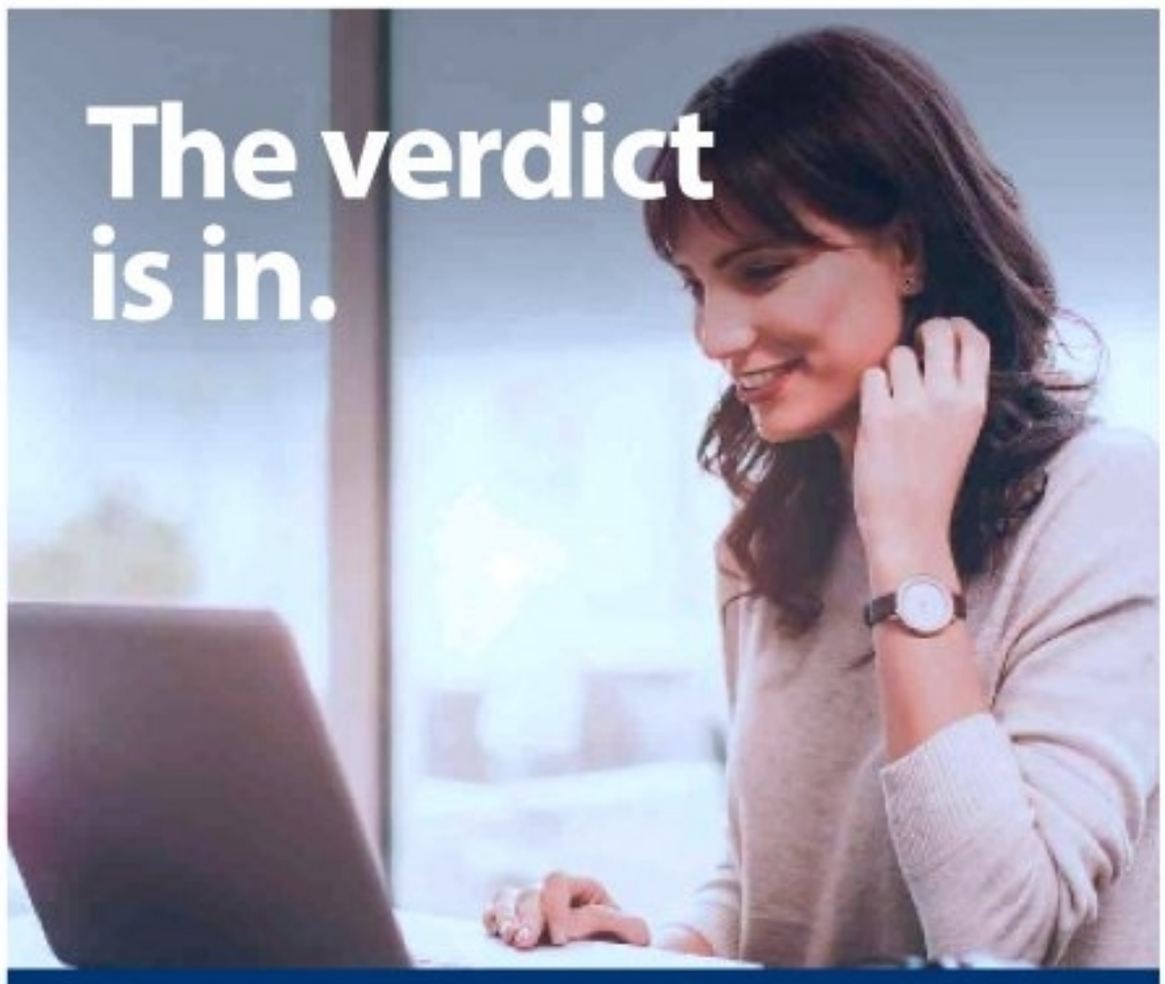

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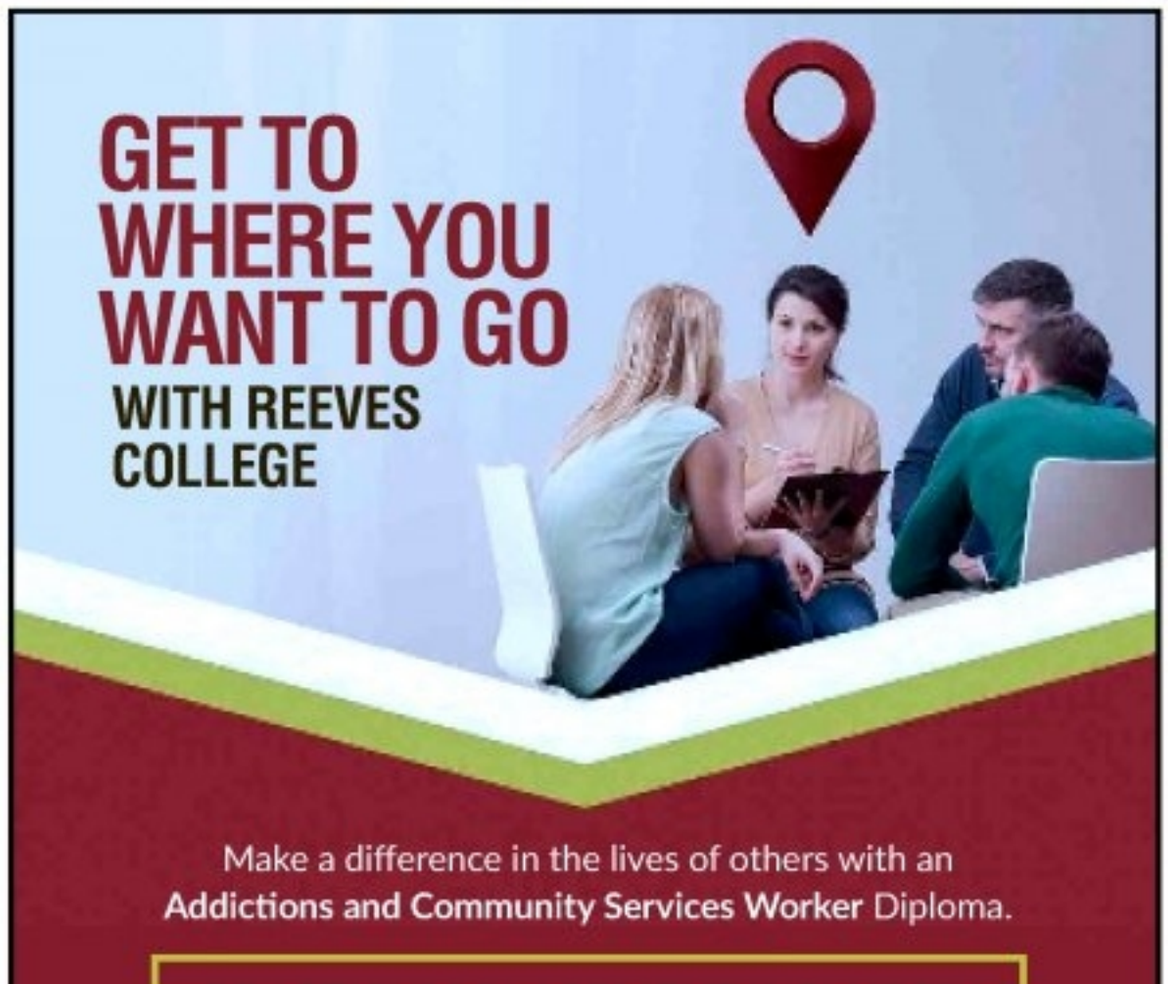

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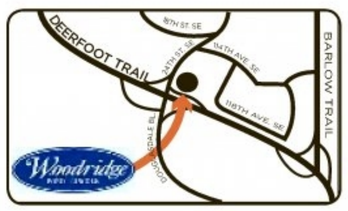

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People are led to safety away from London Bridge on Saturday in London, England. PHOTOS: GETTY IMAGES

Police officers clear the area near Borough market at London Bridge.

Twelve arrested in night of terror

LONDON

Daesh claims attack that left seven dead and dozens hurt

British police arrested a dozen people Sunday in a widening terrorism investigation after attackers using a van and large knives turned a balmy evening of nightlife into a bloodbath and killed seven people in the heart of London. Daesh claimed responsibility.

Although the attackers were also dead, authorities raced to determine whether they had accomplices, and Prime Minister Theresa May warned that the country faced a new threat from copycat attacks.

The country's major political parties temporarily suspended campaigning with only days to go before the general election. May said the vote would take place as scheduled Thursday because "violence can never be allowed to disrupt the democratic process."

The assault unfolded over a few terrifying minutes late Saturday, starting when a rented van veered off the road and barrelled into pedestrians on busy London Bridge. Three men then got out of the vehicle with large knives and attacked people at bars and restaurants in nearby Borough Market until they were shot dead by police.

"They went 'This is for Allah,' and they had a woman on the floor. They were stabbing her," witness Gerard Vowls said.

Florin Morariu, a Romanian chef who works in the Bread Ahead bakery, said he saw people running and some fainting. Then two people approached another person and "began to stick the knife in ... and then I froze and I didn't know what to do."

He said he managed to get near one attacker and "hit him around the head" with a bread basket.

"There was a car with a loudspeaker saying 'go, go' and they (police) threw a grenade ... and then I ran," he said.

London police said officers killed the attackers within eight minutes of arriving at the scene. Eight officers fired some 50 rounds, said Assistant Commissioner Mark Rowley, the force's head of counterterrorism.

Daesh's statement Sunday from its Aamaq news agency claimed the group's "fighters" were responsible, according to the SITE Intelligence Group. Daesh has urged supporters to weaponize vehicles in attacks against the West.

It was the third attack in Britain this year that Daesh has claimed — after a similar attack on Westminster Bridge in March and the Manchester concert bombing two weeks ago — and one of several involving vehicles in Europe, including last year's Bastille Day rampage in the French city of Nice.

The three attackers Saturday were wearing what appeared to be suicide belts, but the belts turned out to be fake. Investigators were working to determine whether others assisted them, Rowley said.

A bystander was also wounded by the gunfire, but the civilian's injuries were not believed to be critical.

Counterterrorism officers raided several addresses in Barking, an east London suburb, and arrested 12 people there Sunday, police said.

Armed officers also conducted a raid in the East Ham area of the city. Video showed police shouting at someone: "Get on the balcony. Stand up and show us your hands!"

London Bridge and a large area on the south bank of the River Thames remained cordoned off Sunday, and police told people to avoid the area.

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Manchester, 'we're gonna be all right'

MANCHESTER

An emotional Ariana Grande performs at benefit concert

Ariana Grande performs on stage on Sunday in Manchester, England. GETTY IMAGES

Ariana Grande has paid tribute to the victims who died at her Manchester concert with an all-star affair in the city with the help of Katy Perry, Justin Bieber, Liam Gallagher, Miley Cyrus and others.

Grande emerged onstage for the One Love Manchester concert Sunday. She appeared teary-eyed and emotional as she performed her hits Be Alright and Break Free.

She told the audience, "Manchester, we're gonna be all right."

Before her performance, she and her dancers held hands in solidarity.

Grande sang multiple times throughout the three-hour-plus show, even duetting with Miley Cyrus, the Black Eyed Peas, Mac Miller and the Parrs Wood High School Choir, one of the show's strongest moments.

The concert raised money for victims and those injured in the suicide bombing that struck at Grande's May 22 show. Twenty-two people were killed and dozens more were injured.

THE ASSOCIATED PRESS

CANADA 150

Ottawa learns from tragedy

Ryan Tumilty
Metro | Ottawa

As Ottawa prepares for thousands of visitors to cram into downtown streets for Canada 150 events, Mayor Jim Watson said the police will take away lessons from the attack over the weekend in London.

But the mayor cautioned there is no way to for the city to be completely safe.

"When you see a tragedy take place in London ... you begin to think could that happen here, and sadly the answer is yes," said Watson. "There is no 100 per cent solution to terrorism."

Watson said he was saddened by the events in London, especially as news broke that a Canadian was among the dead. He said it also serves as a reminder of the danger.

"It's always a wakeup call for us in leadership roles to be vigilant with the world we live in," he said.

He said he believes the police will be able to make Canada Day a safe event for everyone.

"I have great confidence in our police to provide the mechanisms to keep our residents safe."

The police in Ottawa work closely with other law enforcement agencies and, Watson said, they learn from tragedies overseas. He also encouraged residents to be watchful.

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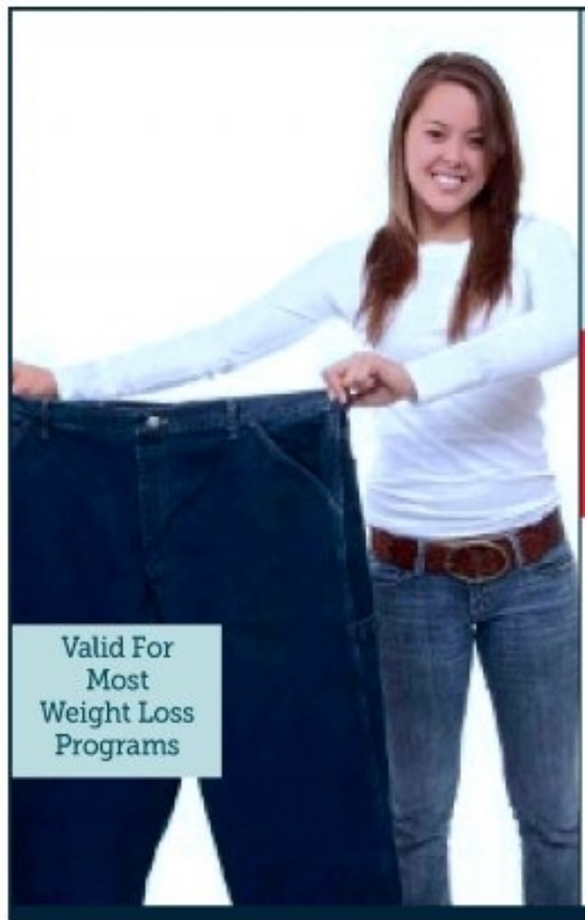

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PHILOSOPHER CAT by Jason Logan

URBAN ETIQUETTE ELLEN VANSTONE

THE QUESTION
How do I explain to my son why he wasn't mentioned in grandma's obituary?

Dear Ellen,
I was in a relationship with a man who went from drinking to drugs and gambling. When our son was five, I asked him to move out. A year later he committed suicide. His mother made an effort to keep in touch, and my son spent summers with her when he was little and enjoyed his time with her. His grandpa would say hello, but conversations did not go much further. My son's aunt took him for lunch once. His uncle asked me to drop my son off for a visit occasionally, which I always did. I felt it important for him to know his father's family. About four years ago we stopped hearing from them. I recently learned grandpa died three years ago, and grandma died a month ago. My son was not notified, nor was he mentioned in either obituary. He is very hurt. I don't understand how anyone could be that mean to a child. Should I say something?
Donna

Dear Donna,

Please accept my heartfelt sympathy for you and your son. It's sad enough he lost his father. But for his aunt and uncle not to tell you about his grandparents' deaths, and then to ignore your son's existence in the obituaries, is not merely rude, it's cruel.

The cruelty may or may not have been intended. Maybe they mistakenly assumed you were the one who cut off contact. Or they're following their late parents' misguided wishes in avoiding contact. At worst, they don't want to share a portion of the estate. At best, perhaps your son is too painful a reminder of their poor dead brother. It doesn't matter. They are adults. Their pain doesn't give them the right to inflict pain on a child, or trump a son's right to be acknowledged. I'd even argue they're hurting themselves by cutting off communication — indulging in a form of denial likely to hinder their own efforts to get past it.

Your situation is more complex, but it speaks to a common etiquette problem with couples who split. Friends and family pick sides, and then shun the children as well as the ex-partner — feeling morally superior to the "bad ex," while blithely inflicting pain on innocent children who also suffer the searing effects of that shunning.

For your own sake, and your son's, you can still do the polite thing, and send a sympathy card. Tell your son's aunt and uncle how sorry you were to hear about their parents' deaths, mention how much your son enjoyed time with his grandmother when he was young, and wish them the best.

Don't expect a reply. The point is that you will feel better for having done the right thing, and the door will be open if they ever want to resume contact.

Need advice?
Email Ellen:
askellen@metronews.ca

Mavis Otuteye did not have to die that way

Vicky Mochama
Metro

Mavis Otuteye wanted to meet her new grandchild. She never got there. She died of hypothermia while walking into our country.

Her death is an indictment of a national and global failure to respond meaningfully to the worldwide migrant crisis. Yet, a clear and concerted strategy seems to be far away.

Otuteye, a Ghanaian woman, had been living without a valid visa in the States since 2006. In light of the Trump administration's crackdown on undocumented persons, it is reasonable that she would not want to make herself known to immigration authorities. A danger of living without papers is that a chance incident can lead to one's removal. With the knowledge that asylum claimants would be turned away at official border crossings because of the Safe Third Country Agreement (STCA), it is still more plausible that walking across the border made the most sense to Otuteye.

However, the CBC reports Otuteye would have been allowed under the STCA because her granddaughter is a Canadian citizen. The accord has a number of compassionate grounds on which migrants can cross between borders.

Having told no one of her plan, Otuteye was unaware of her options.

What is contained in words and documents is far different to the reality on the ground. The terms of the STCA and a tweet from the prime minister welcoming refugees are part of a world of misinformation that puts migrants, especially undocumented ones, in danger. Theirs is a world of ad-hoc systems, reliance on rumours, opportunistic scammers and ever-shifting legal paradigms.

Yet Canadian and international governments have not been able to provide migrants with any clarity.

Reports on the recent G7 summit in Italy overlooked the inability of world leaders to come to an agreement on the global migrant crisis. Because of American recalcitrance, the summit instead released a short statement acknowledging the problem but shifting responsibility back to individual countries. With Donald Trump in office, an international version of "Refugees Welcome" seems unlikely.

This will not stop the flow. After much pretence to public safety, Trump has finally tweeted that the executive order dubbed a "travel ban" by many is exactly that.

Still, the Canadian government insists it will not change the terms of the STCA. In Europe, the Guardian reports that the death rate for migrants crossing the Mediterranean has doubled. Meanwhile, the far-right has crowd funded enough money for a boat to intercept search-and-rescue boats there.

Whether we take action on it or not, the global migrant crisis is happening. Without a unified humanitarian solution, more migrants will continue to die like Mavis Otuteye: cold and alone.

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Wonder Woman topped the box office with a $100.5-million weekend debut

RENT or OWN

GENNA BUCK METRO

Homeownership has long been the gold standard but two long-term renters speak against the stigma often associated with not buying

When 34-year-old millionaire and luxury property developer Tim Gurner declared that millennials' dreams of homeownership are toast unless they rein in their spending on "smashed avocado for 19 dollars and four coffees at four dollars each," the backlash was fierce.

And it was not just because of his tone-deaf assertion that cash-strapped 20-somethings struggling with student debt could save for a home simply by scrimping and pinching and making their own avocado toast.

Gurner seemed to assume a house with a white picket fence should be part of everyone's financial plan.

Alex Avery, CIBC analyst and author of The Wealthy Renter, told Metro that for many young people, buying doesn't make sense (and it has nothing to do with spending money on fattening breakfast foods).

Although interest rates are low, Avery explained, house prices are high and people already have a lot of debt. And although a mortgage forces you to save, renters can replicate that in other ways — plus they're not saddled with costs like maintenance, renovations and interest, which owners tend to discount when they're counting the piles of home-equity money they've made.

"There isn't one prescription for everyone," Avery said. But, "There is no amount of logic, facts or supporting evidence that will convince a truly passionate homeowner that there's any better investment than home ownership."

We spoke to two long-term renters from different life stages who could have bought, but likely never will.

They had some great insights for those who are trying to decide between buying their first home or continuing to eat toast. (We kid!)

> **There isn't one prescription for everyone.**
> Alex Avery, CIBC analyst

John Plumadore, 68

RENTER #1

City: Toronto
Rent: $1,738/month (two bedrooms)
Occupation: Retired

John Plumadore has never owned property. He retired seven years ago from a long career with Scouts Canada, and he and his partner have lived in the same high-rise complex in midtown Toronto, where homes typically sell for about $1.5 million.

"I have chosen to rent because I want to be close to the subway and the downtown core, in a fairly nice area of the city," Plumadore said. "I live in a very prime area, part of a community where I couldn't otherwise afford to live.

"The advantages are that you don't have to be putting money into repair, maintenance or additions. Anything needs fixing, the landlord fixes it.

He said he chose to use the 20 years of savings he would have put into the upkeep of a house into an RRSP for retirement.

Plumadore hails from the small town of Cornwall, Ont., where he said there's more "stigma" against renters. If he had stayed, he certainly could have afforded a house.

"Maybe I'd be a better position today, but who knows?" he said.

Will he ever buy? "Not unless I win a lottery ticket" — and maybe not even then.

"I would not want that worry as I get older, going to bed with a mortgage hanging over your head."

Graham MacFarlane, 31

RENTER #2

City: Edmonton
Rent: $1,500/month (two bedrooms)
Occupation: Occupational health and safety

Like the avocado-toast naysayer Tim Gurner bragged about doing, Graham MacFarlane believes he could have bought a home by now if he put his "nose to the grindstone" and saved for at least 10 years. But as a renter, he lives in a nice two-bedroom Edmonton duplex that is within walking distance to his workplace, he's saving money, and has the freedom to move any time.

"It bothers me, the culture that surrounds this," MacFarlane said.

There was a time when he dreamt about homeownership, too. "In my mid-20s, I went back to school to change careers, and that was of course an expensive experience. I had a car loan, student loan, all this debt.

"I was just despairing. How am I going to get out of this? Will I be able to afford a home before I'm 50?"

But after he got a job in his field and started paying down his debt, he starting "rethinking the assumption" of his goal. Renting, he said, isn't what people think.

Given the instability in the Alberta economy, MacFarlane is glad he didn't.

"Renting and spending your money on beer isn't responsible. But renting and saving and investing is a better plan than gambling all your eggs your home in your equity."

JOHANNA SCHNELLER WHAT I'M WATCHING

Finding beauty in sorrow, death

THE SHOW: The Leftovers, Season 3, Episode 6
THE MOMENT: The good-bye

Psychiatrist Laurie (Amy Brenneman) knows her ex-husband Kevin (Justin Theroux), a cop, is going to kill himself because some zealots think it will prevent an apocalypse.

"You came here to talk me out of it," Kevin says.

"No," Laurie replies. "I came here to say goodbye."

They sit on the porch, smoking and admitting old mistakes, which escalate in importance: he killed the family hamster. She once sneaked off to a spa. He hated their house, but never said because she loved it. She was pregnant on the day of the Great Departure — and the fetus disappeared. (Devotees gasp here: this explains A LOT about what Laurie did next.)

"Are you scared?" she asks.

"No," he says. "I could come back."

"I really hope you do," she says, kissing his cheek.

"Is Nora gone?" he asks.

"We're all gone," she replies.

OMG this show is beautifully written. Every line of dialogue amplifies the characters, and answers questions you didn't know you had. But I can't get people to watch it for love or money, because they think it's too sad.

Its sadness is its point. Unlike, say, The Americans (which I also love), a marriage drama hidden in a spy show, The Leftovers doesn't pretend to be about anything other death. It's about how each of our lives is a series of apocalypses, because everyone dies.

It's also a gorgeous plea for humanity: we're all going to grieve, eventually. We should learn how to do that better, find comfort in its commonality.

Yes, it's sorrowful. Magnificently so.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

Justin Theroux and Amy Brenneman in The Leftovers.
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Got a raise? Beware of 'lifestyle creep'

Open a new savings account and name it "beach bungalow" to stay motivated to save. ISTOCK

PERSONAL FINANCE

How much inflation to your lifestyle can you afford?

Lifestyle creep, or lifestyle inflation, is when you spend more as your income grows. It's not inherently bad. The trouble comes when you move to a bigger apartment or buy a newer car that eats up all the extra money your raise provides.

Making more money should be an opportunity to build wealth and protect yourself from inevitable financial setbacks. Strike a balance between spending more and developing financial security. Follow these steps and you'll forgo excessive lifestyle creep for, simply, a good life.

Give your money a destination

As soon as you learn a raise is coming, decide how to allocate it. That way, the money won't sit in your checking account and fall victim to a shopping spree. "Being intentional is absolutely essential," says Philip Olson, a certified financial planner in Austin, Texas. "Otherwise, it's just going to fall through your fingers."

Estimate your new take-home pay using a salary calculator. A large raise can put you in a higher tax bracket, which might mean a smaller paycheque boost than you expected. Suppose you'll earn $200 more per month after taxes. One option, Olson says, is to go 50/50: Spend half your raise, or $100, on whatever you want each month. Put the other $100 toward financial goals such as savings and paying down debt.

Assess your financial security

What exactly should you do with the financial goals portion? It depends where you stand on the basics. If you were living paycheque to paycheque and have no savings cushion, send all the extra money to a savings account specifically for emergencies. That will provide backup if, for example, a larger-than-expected bill arrives in your mailbox. Fill up the fund until it hits at least $500. Continue adding to your emergency fund, while working toward the other goals below, until you have the equivalent of three to six months of basic expenses saved.

Your next priority should be to pay off high-interest debt. Credit cards in particular typically have higher interest rates than student loans, auto loans or mortgages. The longer your credit card balance grows with interest, the harder it will be to get rid of, which will take a bite out of your future earnings, says Jason Kirsch, a certified financial planner in Santa Monica, California.

Finally, it's ideal to save 10 to 15 per cent of income for retirement. A retirement calculator will let you know if you're on track. Get closer to that guideline by increasing your contributions at work or opening an individual retirement account.

Hide savings from yourself

Since it will probably be harder to save than to spend, set up automatic transfers so you avoid having immediate access to the money. Time your emergency fund and individual retirement account transfers so they occur the day after you're paid.

> **The goal is to reward yourself now while also building excitement for the future — and keeping your spending in check.**

Olson recommends opening new savings accounts for other goals, too. If you decide to save $50 per month in a house fund, name it "Beach Bungalow." The goal is to reward yourself now while also building excitement for the future — and keeping your spending in check. "Your lifestyle can creep," Olson says. "Just don't let it creep in perfect pace with your income. Because then you'll be broke."

THE ASSOCIATED PRESS

Growing strawberries faster, sooner

PRODUCE

Enjoy fresh berries on the same day they are picked

Owen Roberts
Urban Cowboy

It's date night. And it's all about making an impression.

You're eating in, and as a special treat, you meticulously prepare chocolate-dipped strawberries for dessert. You sweeten the deal by pairing them with a sparkling wine. Nice touch.

But as soon as your date takes the first bite of her strawberry, the thrill is gone. Because beneath that sweet-looking red exterior is a bland tasting, imported U.S.-grown berry.

It was picked as many as 10 days earlier, and spent hundreds of kilometres travelling in a truck from California or Florida.

Given such conditions, it's no wonder every June consumers are bursting with anticipation for luscious, field-grown Ontario strawberries, at pick-your-own farms or markets.

The season can't start too soon. Through the years, plant researchers at the University of Guelph and elsewhere have worked to develop hardier, quality varieties with great flavour and a longer growing season.

These varieties are called day-neutral strawberries, so named because they flower throughout the growing season — unlike some traditional strawberry plants, which flower only once a season, during May and June.

And lately, the Ontario strawberry season is being extended right through the winter, thanks to production in Canada's greenhouse capital, Leamington.

There, first-generation family farmers Jordan and Duffy Kniaziew of Orangeline Farms and their company Zing! Health Forward have pioneered a technique to successfully grow sweet, juicy Ontario greenhouse strawberries — marketed as Date Night Berries — all the way from November through to May.

And there's no mistaking them for U.S. imports.

"The flavour literally explodes in your mouth," Jordan says.

Even during winter months, Date Night berries are fresh, local and about twice as sweet as their American counterparts. On what's called the Brix scale, which measures sweetness on a range from one to 20, Date Night Berries check in at 10 to 12 units. That reading compares well to imported berries at six to seven units.

The Kniaziew's berries are grown in a unique manner as well, with elevated growing gutters and an umbrella canopy. Humidification and cooling protection systems help extend the growing season, and LED lights give production a boost.

Then, when the time's right, they are gingerly picked by hand at harvest.

"We treat every berry like a newborn," Jordan says.

In fact, in many cases, the Zing! strawberries served on date night have even been picked the same day. At the most, they're three days from their harvest date. Compare that to winter berries from the U.S., which typically spend more than a week in a truck. They're bred mainly for transportability, not taste.

Recently, other Ontario greenhouse growers have started following Orangeline's lead, meaning the winter berry market here is bound to expand.

For being pioneers and blazing the winter strawberry trail, Date Night Berries have received an Ontario Premier's Award for Agri-Food Innovation Excellence.

Owen Roberts is an agricultural journalist at the University of Guelph. Follow him on Twitter at @TheUrbanCowboy.

Even during winter months, Date Night strawberries are fresh, local and about twice as sweet as their American counterparts. When the time's right, they are gingerly picked by hand at harvest. COURTESY ORANGELINE FARMS

THE FUTURE *of* FARMING

Glass is a key to growth

Ontario also enjoys winter cucumbers, tomatoes and peppers, thanks to a vibrant and growing greenhouse industry. It now involves 200 farmers and nearly 2,900 acres of greenhouses. In March, the province invested $19 million in a greenhouse innovation program, to encourage further investment in greenhouse technology and boost productivity.

Strawberries are truly a superfood

Strawberries are an excellent source of vitamin C — just one serving contains about half of a person's daily requirement. Vitamin C is a proven antioxidant, and strawberries are among the top 10 fruit and vegetables for antioxidant content. As well, eating more fruit and vegetables helps decrease the risk of obesity.

FARM *links*

Poll question:
What's the best way to eat Ontario strawberries? Tell us at metronews.ca

Duffy Kniaziew, left, and his brother Jordan pioneered a technique to successfully grow sweet, juicy Ontario greenhouse strawberries. COURTESY ORANGELINE FARMS

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metro SPORTS

The playing days of former Toronto Raptor Chris Bosh appear to be over after doctors ruled that the Miami Heat player has too many blood clots

Crosby has no time for Subban's games

STANLEY CUP

Preds' D-liner likes attention, says Penguins' Halifax star

Nashville Predators' P.K. Subban, right, ties up Pittsburgh Penguins' Sidney Crosby during the second period in Game 1 on May 29. AP PHOTO/KEITH SRAKOCIC

P.K. Subban says ask the Pittsburgh Penguins if he's getting under their skin. The All-Star defenceman only knows he apparently needs to work on his breath on the ice and loves the challenge of helping shut down Sidney Crosby and Evgeni Malkin.

And he loves gamesmanship.

Crosby isn't in the mood to play if it doesn't involve his stick and a puck. No, the Pittsburgh captain insists he did not complain about Subban's breath in Game 3, saying Subban made that up.

"He likes the attention and things like that so I mean if he wants to make stuff up … what can I do?" Crosby said Sunday.

The Stanley Cup Final has some bad blood brewing, and the best-of-seven series for the NHL championship has the makings of becoming a battle royale. The defending champs a chance for a sweep Saturday night when the Predators scored five straight goals in a 5-1 rout of the Pens, winning the first Cup Final game in the state of Tennessee.

Now the Predators want to tie it in Game 4 on Monday night. They are 8-1 at home this post-season, and Subban made it clear he expects Nashville fans to find a way to crank the volume up even higher Monday night.

"I know there'll be a lot more energy if you can imagine that … which will be pretty awesome," Subban said.

The Penguins have bigger issues than talk of bad breath, and their frustration bubbled over late Saturday night as they racked up 10 penalties for 44 minutes night. That included Chris Kunitz, Patric Hornqvist and Matt Cullen each getting a 10-minute misconduct all in the final five minutes of the loss.

Crosby has yet to score a goal in this series, and both he and Evgeni Malkin were held without a shot Saturday night in the same game for the first time in their star-studded careers.

It's the fifth time Crosby, with 160 career playoff points and 23 points this post-season, had been held without a shot and third this spring. It was the eighth time Malkin, with his NHL-best 26 points this post-season, was held without a shot. Malkin hasn't gone two games without a shot in the same post-season since his rookie year, while Washington did it to Crosby April 29 and May 1. THE ASSOCIATED PRESS

UFC 212

Holloway stuns Aldo in Brazil to take title

Max Holloway claimed the undisputed UFC featherweight title on Saturday night, stopping long-reigning champion Jose Aldo in the third round of an impressive upset victory.

Holloway (18-3) won the belt in Aldo's native Brazil with a dynamite finish. The interim 145-pound champion floored Aldo with a big right hand, getting on top and raining down punishment until referee John McCarthy stopped the bout with 47 seconds left in the round.

The Hawaii-born Holloway earned his 11th consecutive UFC victory and claimed the title held by Aldo for most of the past six years.

Max Holloway THE ASSOCIATED PRESS

Aldo lost the belt to Conor McGregor in December 2015, but regained it last year.

Aldo (26-3) is the most accomplished featherweight in mixed martial arts history, but he has lost two of his last three bouts after winning 18 consecutive fights from 2006-15. THE ASSOCIATED PRESS

NBA FINALS DURANT STARS AS DUBS DOUBLE SERIES LEAD
Cleveland's Cavaliers Channing Frye, left, shoots against Golden State Warriors' Kevin Durant during the first half of Game 2. The Warriors won 132-113 on the night to take a 2-0 series lead. Durant finished with 33 points and 13 rebounds. Lebron James top scored for the Cavs with 29. MARCIO JOSE SANCHEZ/THE ASSOCIATED PRESS

FRENCH OPEN

Raonic contributes to own downfall in Paris

Canada's Milos Raonic made too many unforced errors.

Too many errors spelled the end of Milos Raonic's run at the French Open. The No. 5 seed from Thornhill, Ont., was upset by Pablo Carreno Busta of Spain 4-6, 7-6 (2), 6-7 (6), 6-4, 8-6, and committed a whopping 84 unforced errors in the hard-slogging match that stretched four hours and 17 minutes.

"Heavy disappointment," Raonic said afterwards. "That's probably the best way to describe it."

Raonic had caught a break en route to the fourth round when he needed less than a half hour to complete his third-round victory. Raonic advanced when Spain's Guillermo Garcia-Lopez retired from the match due to a left thigh injury. The extra rest wasn't enough Sunday however.

The 26-year-old Raonic fought off six match points before Carreno Busta finally won with a forehand volley at the net, with Raonic near the back of the court.

> **I just wasn't efficient through the first three sets.**
> Canada's Milos Raonic

"I just wasn't very efficient, especially through the first three sets," Raonic said. "I had a lot of times where I'm controlling the point, short forehands where I wasn't very efficient, just letting him stick around in those moments, and then he started to believe a lot, and he was the better player there towards the end.

The Canadian will turn his attention to Wimbledon, where he reached the final last year, eventually losing to Andy Murray.

"Obviously it's the best memory I've had on court, I played some good tennis there last year, and I'm going to try to get on the grass after a few days off right away, and get there early and prepare," Raonic said of the July 3-16 tournament. THE CANADIAN PRESS

IN BRIEF

Real Madrid rulers of Europe again with 12th title
With a victory over Juventus in the Champions League final Saturday, Real Madrid won its record 12th title, and third in four years, to firmly establish itself as the dominant force in European soccer after years of supremacy by Spanish rival Barcelona. After seeing Barcelona reign with four titles in a decade, Ronaldo's Madrid raised its game the last four seasons and again became the team to beat in the continent. THE ASSOCIATED PRESS

Jays win 3-2 over Yankees
Josh Donaldson celebrated his bobblehead day with a solo homer in the eighth to give the Toronto Blue Jays a 3-2 win over the New York Yankees on Sunday.

Trailing 2-0, the Blue Jays tied it up on Justin Smoak's two-run homer in the sixth. Toronto (28-29) wrapped up its 10-game homestand at 7-3.

Next stop is Oakland followed by Seattle. THE CANADIAN PRESS

MAKE IT TONIGHT

Sweet Kale and Banana Smoothie Bowl

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

The sweetness of banana makes the kale all but disappear in this powerhouse breakfast.

Ready in 5 minutes
Prep Time: 5 minutes
Serves 2

Ingredients
1/2 cup milk or coconut milk
1 cup Greek yogurt
1/2 cup chopped frozen kale
2 frozen bananas
2 tsp coconut oil, melted

Toppings
1 tsp chia seeds
1 tsp flax seed meal
1 Tbsp of muesli
1/2 sliced apple

Directions
1. Place the milk, yogurt, kale, bananas and coconut oil in a blender. Whiz until smooth.

2. Pour into a bowl and sprinkle with your favourite toppings.

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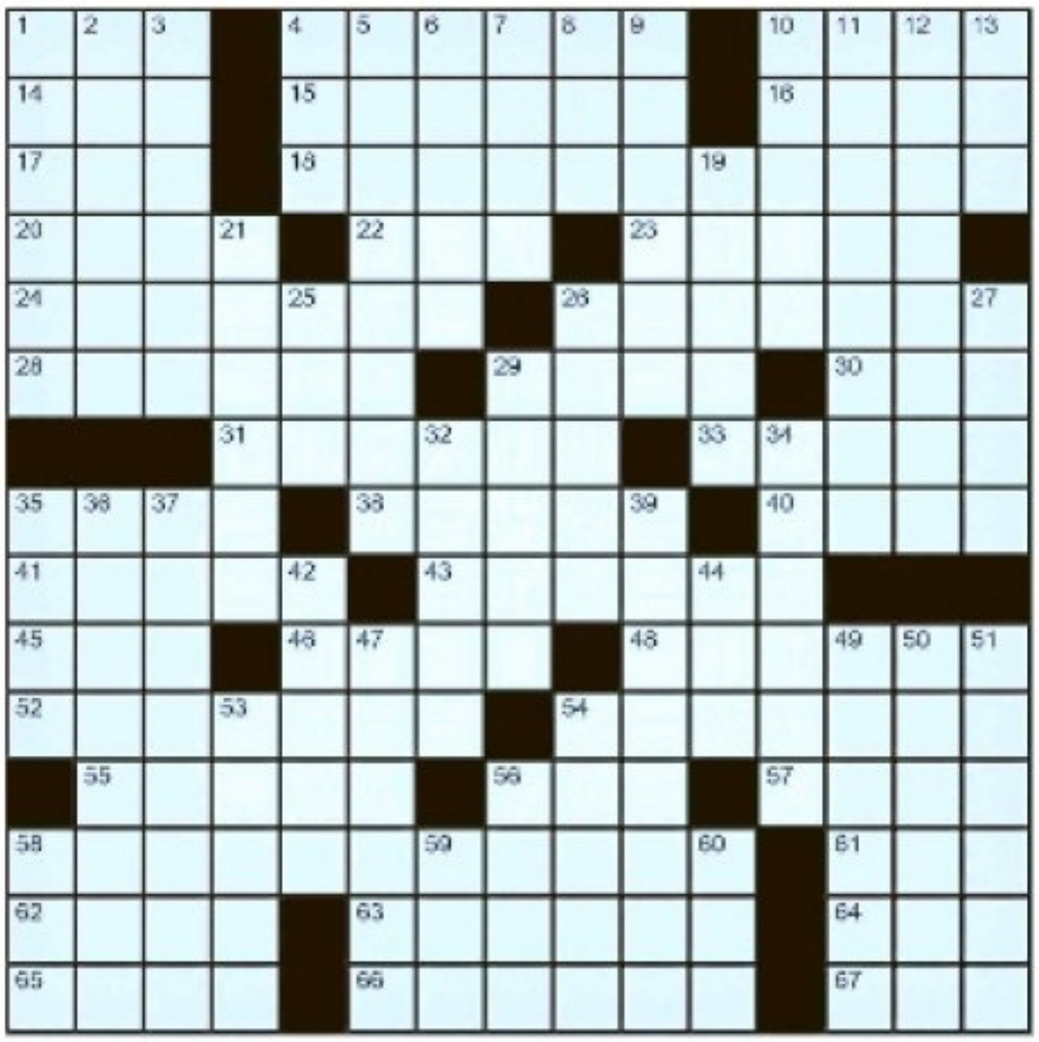
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Possibilities
4. Hot dog topping
10. Latin "year"
14. Ms. Imbruglia, to pals
15. Means of approach
16. Forest favourite
17. "Alice" waitress
18. "The Natural Place" city of British Columbia: 2 wds.
20. "Torn Curtain" (1966) actress Ms. Kedrova
22. Singing pair
23. Bobby and Brett of hockey
24. A simple process might only consist of this: 2 wds.
26. Wine made in the same-named archipelago of Portugal
28. Entered the edifice: 2 wds.
29. New Zealand fruit
30. Mr. Arnold
31. Right-hand pages
33. American resort Lake
35. _-Cola
38. Overseas moneys
40. Doctrines
41. Long circles
43. Break-taking person
45. Country singer Ms. McEntire, to pals
46. Grammy-winning rock band from Guadalajara in Mexico
48. Community in southern Ontario north of Waterloo
52. Procedure
54. Sprays unwanted graffiti on the wall
55. Chills
56. "How ya doin'?"
57. Profits
58. County on the Peace River in Alberta: 2 wds.
61. The Company org.
62. Filmdom's Ms. Fisher
63. Body of water for Moses: 2 wds.
64. Whichever
65. Jeanne d'Arc, et al.
66. Some suit fabrics
67. _ de deux

DOWN
1. _ of cash (Money coming in)
2. Bambi's beloved
3. Swiped
4. Knock
5. Exhibits in the courtroom
6. Abate: 2 wds.
7. Go _ detail (Elaborate)
8. Deryck Whibley's band, _ 41
9. American country music variety show: 2 wds.
10. Confuse things
11. Prehistoric stone artifacts
12. Anchor person's realm
13. Surgery sites, shortly
19. Accountant's review
21. Montreal-based media company acquired by Bell in 2013
25. Bond
26. Fermented soybean pastes
27. Quebec "souls"
29. North or South country
32. Revolves
34. Canadian wartime hero Billy Bishop, for one
35. Business firm abbr.
36. Cloudy
37. The whole kit and _
39. Like part of a church's architecture
42. Sniff
44. Gremlin
47. Declare
49. Arctic covering: 2 wds.
50. Eye part
51. Tries
53. Closing sections in music
54. Edible seaweed
56. Team
58. Marcia to Jan, for short
59. Cleave
60. Airline to Stockholm

✷ IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is a good day to take care of loose details regarding issues like taxes, debt, bills, insurance matters and anything to do with shared property. Make a list.

Taurus April 21 - May 21
The Moon today is in a sign that is opposite yours, which means you have to go more than halfway when dealing with others. This requires compromise and patience.

Gemini May 22 - June 21
Take care of details that you might have let slide, especially in buying items related to health and hygiene. Get this out of the way before your week gets busy.

Cancer June 22 - July 23
Today your focus will be on children, sporting events and anything to do with the hospitality industry or the entertainment world. Work behind the scenes, but make plans.

Leo July 24 - Aug. 23
Home and family are your focus today. If you can, you will stay home today because you want to cocoon and hide.

Virgo Aug. 24 - Sept. 23
This is a busy, fast-paced day! You might meet someone new or hear something new that intrigues you. Keep in mind that you are high-viz now, especially in the eyes of bosses and parents.

Libra Sept. 24 - Oct. 23
Today your focus is on money, assets and your possessions. You might have an attachment to something and not want to lend it to anyone.

Scorpio Oct. 24 - Nov. 22
Today the Moon is in your sign, which can make you more emotional than usual. However, it also can bring you a little bit of extra good luck!

Sagittarius Nov. 23 - Dec. 21
Work alone or behind the scenes today, because you need some privacy and quiet time. You need to restore and replenish your energy.

Capricorn Dec. 22 - Jan. 20
An encounter with a female friend or acquaintance could be important today. Perhaps you need to discuss serious future plans with this person.

Aquarius Jan. 21 - Feb. 19
For some reason, personal details about your private life might become public, especially in the eyes of bosses and parents. Just be aware of this in case you have to do damage control.

Pisces Feb. 20 - March 20
Do something different today. It's the beginning of the week, and you are hungry for adventure and a chance to learn something new.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

9				8	4			2
	6					9		
		5			7		6	
				1		6		5
5								4
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4			1	6				8

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FRIDAY'S ANSWERS

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6	7	5	9	3	1	2	4	8
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4	8	3	1	6	9	5	2	7
5	9	6	7	8	2	1	3	4
7	5	4	6	9	8	3	1	2
1	3	9	4	2	7	6	8	5
8	6	2	5	1	3	4	7	9

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